Eating for Well-Being with MyPlate
Nutrition and Health

• About half of American adults have one or more preventable chronic diseases
• The Dietary Guidelines for Americans provides guidance on making healthy choices to prevent diet-related chronic diseases:
  o Follow a healthy eating pattern across the lifespan
  o Focus on variety, nutrient density and amount
  o Limit calories from added sugars and saturated fats and reduce sodium intake
  o Make healthier food and beverage choices
  o Support healthy eating patterns for all
MyPlate Food Guide
MyPlate

- Most recent USDA Food Guide
- Replaced MyPyramid and Food Guide Pyramid
- Reminder for healthy eating
  - Focus on amount and variety
  - Choose foods lower in saturated fat, sodium and added sugars
- The amount of food needed in each food group depends on age, sex and physical activity level
Fruit

• Any fruit or 100% fruit juice counts
• Fruit can be fresh, frozen, canned or dried
• Naturally low in fat, sodium and calories
• Tips:
  o Buy fruit that is fresh and in season
  o Wash your fruit and keep it where you can see it
  o Have fruit for dessert
• Daily serving: 1 cup of fruit or fruit juice, or ½ cup of dried fruit
Vegetables

• Any vegetable or 100% vegetable juice counts
• Vegetables can be fresh, frozen, canned or dried
• Naturally low in fat, sodium, and calories
• Tips
  o Buy in season
  o Keep frozen or canned vegetables on hand
• Daily serving: 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens
Grains

- Two subgroups: whole grains and refined grains
- Whole grains provide numerous health benefits
- Make half your grains whole grains:
  - Examples of whole grains: whole-wheat flour, oatmeal, brown rice, whole wheat bread or popcorn
  - Check ingredient list
- Daily serving: 1 slice of bread, 1 cup of cold cereal or ½ cup of cooked rice, pasta or cereal
Protein

• Foods made from meat, poultry, seafood, beans and peas, eggs, soy products, nuts and seeds
• Eat a variety of different proteins
  o Include 8 ounces of seafood per week
• Choose lean or low-fat meat and poultry
• Daily serving: 1 ounce of meat, poultry or fish, ¼ cup of beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds
Dairy

- Milk and milk products such as yogurt and cheese
- Dairy provides us with many nutrients
- Move to low-fat or fat-free dairy
- Tips:
  - Try Greek yogurt instead of sour cream
  - Make a yogurt-based dip for fruits or vegetables
- Daily serving: 1 cup of milk, yogurt or soymilk, 1 ½ ounces of natural cheese or 2 ounces of processed cheese
Healthy Eating Tips
Fruits & Vegetables

Fruits and vegetables contain a lot of important nutrients, including:

• Fiber
• Potassium
  o Found in bananas, prunes, cantaloupe, oranges, potatoes, tomatoes, broccoli and spinach
• Folate
  o Found in dark leafy greens, asparagus, broccoli, lentils and beans
• Vitamin A
  o Found in mangos, cantaloupe, dark leafy greens, carrots, sweet potatoes, watermelon and apricots
• Vitamin C
  o Found in berries, cherries, watermelon, oranges, broccoli, bell peppers, cauliflower and tomatoes
Oils

- Oils are not a food group, but are part of a healthy diet
- Aim to have about 5 teaspoons of oil per day (based on a 2,000-calorie diet)
- Choose oils that are higher in monounsaturated and polyunsaturated fatty acids
- Pay attention to the oil’s smoke point
What to Limit

• Limit sodium, saturated fat and added sugar

• Many processed foods are high in sodium
  o Choose fresh vegetables, meats, poultry and seafood when possible
  o Try flavoring foods with spices and herbs, such as lemon or lime juice, cumin, paprika, chili powder, etc.

• Try grilling, broiling, roasting or baking to avoid adding extra fat

• Try splitting sweet treats with family or a friend

• Limit drinks that are high in added sugar
Cooking Tips

• Plan your meals each week and buy foods that can be used for multiple dishes

• Meal prep your favorite protein or whole grain in bulk to save time on cooking during the week

• Buy frozen and canned produce year-round to have on-hand

• Check out choosemyplate.gov for MyPlate recipe ideas or download the Start Simple with MyPlate app to set daily food goals
THANK YOU